

the triglycerides, and long-chain saturated fatty acids are at most 20% by mass of all of the long-chain fatty acids as constituents of the oil or fat composition.

10. (New) The oil or fat composition according to claim 9 wherein the middle-chain fatty acids are saturated fatty acids having 6 to 12 carbon atoms.

11. (New) The oil or fat composition according to claim 9 wherein triglycerides having three medium-chain fatty acid residues in the molecule represent at most 3% by mass of all the triglycerides.

12. (New) The oil or fat composition according to claim 9 which further contains as an emulsifier at least one of sucrose fatty acid ester, polyglycerol fatty acid ester, succinic acid monoglyceride, monoglyceride, diglyceride, sorbitol fatty acid ester or sorbitan fatty acid ester, in an amount of 0.1 to 6% by mass based on the oil or fat composition before the incorporation of the emulsifier.

13. (New) The oil or fat composition according to claim 9 which further contains, as an emulsifier, based on the oil or fat composition before the incorporation of the emulsifier, 0.1 to 3% by mass at least one sucrose fatty acid ester or polyglycerol fatty acid ester, 0.01 to 2% by mass succinic acid monoglyceride, and 0.1 to 3% by mass at least one monoglyceride, diglyceride, sorbitol fatty acid ester or sorbitan fatty acid ester provided that the total amount of the emulsifiers is 0.3 to 5% by mass.

14. (New) An oil or fat composition for cooking comprising the oil or fat composition according to claim 9 and conventional additives for oil or fat compositions for cooking.